



Your Healthy Workplace

November 2024

HOST A HEALTH FAIR AFTER THE HOLIDAYS!

The holiday season is a time for joy, but it can also wreak havoc on our health routines. Help your employees kickstart the new year right with a fun and informative health fair.

Benefits:

- **Improved employee health:** Screenings, activities and educational sessions can empower your team to take charge of their wellbeing.
- **Reduced medical costs:** Proactive health care leads to fewer health issues down the line, saving both your company and employees money.
- **Enhanced employee morale:** Show your team you care about their health and happiness with this valuable benefit.

Why choose us?

We can help you set up a health fair for your employees after the holidays. We offer a comprehensive range of services, including:



- **Essential health screenings:** Cholesterol, blood pressure, cancer and more.

LET'S GET STARTED

Contact OCCMed Director Jennifer Carmack now to start planning your employee health fair for early 2025. You can reach her at 731-984-8400 or jennifer@occmmedjackson.com.

- **Informative sessions:** Learn about reducing health risks, managing stress and more.
- **Fun activities:** From massages to CPR classes, we'll keep your employees engaged.
- **Family-friendly options:** Make it a fun outing for everyone!
- **HIPAA compliant data insights:** We'll anonymously analyze health fair data to help you identify potential health trends within your company.

Don't forget to schedule flu shots

An annual flu shot for employees is the best way to reduce the risk of flu and its complications from spreading throughout your workplace and to their families. It also helps prevent lost work time and

increased medical costs.

We can give the flu shots at your place or in our clinics. Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmmedjackson.com.

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Office Hours: 9 a.m. - 5 p.m. Monday to Friday
Clinic Hours: 7 a.m. - 7 p.m. weekdays
On-site Services: Available 24/7 by arrangement
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THE MOST STRESSFUL TIME OF THE YEAR

What's the most nerve-wracking time of the year? The holidays, and many Americans say it takes them weeks to recover from seasonal stress.

The holiday season provides a perfect storm of stressors, as folks struggle to balance work, family, budgets, everyday tasks and also the festivities that make this time of year special.

That's why 63 percent of respondents in an American Heart Association (AHA) nationwide survey of 1,000 U.S. adults called the holidays more stressful than tax season.

It doesn't have to be that way. The heart association has these suggestions for you to

share with employees to help every one manage holiday stress.

■ **Eat right:** Keep portions reasonable. Add colorful fruits and veggies to your plate and know which foods to avoid.

■ **Move more:** Take a short walk every day, because physical activity is one of the

best tools for managing stress. Any amount of movement will help.

■ **Connect with others:** Tell others if you feel stressed out and lean upon one another to feel better.

■ **Chill out:** Slow down and take time to enjoy the holidays.

■ **Sleep well:** Good sleep influences your mood, eating habits, memory and more. An alarm can remind you to silence your phone and start winding down for the day.

Source: HealthDay News



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Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • occmmedjackson.com

Drug-free worksite We can help!

Physicians Quality Care OCCMed can help your company be certified as a Tennessee Drug-Free Workplace. This includes training employees and supervisors, compiling a written policy and drug testing. Get started by contacting OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmmedjackson.com.



Hearing tests at your worksite

Our expanded and renovated audio unit means we can get more hearing tests done at a time and have less interruption on your work production.

With no extra on-site setup fee, we can do up to 30 hearing tests every hour to take care of your OSHA-required hearing-conservation training.

Schedule the audio unit by contacting OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmmedjackson.com.

We speak OSHA!

To help you comply with OSHA, we offer ...

- ▶ On-site CAOHC-certified audiometry in our mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ DOT, wellness & pre-employment physicals
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays and EKGs